



Practical Skills in School Meals Training Resources

Professional Standards: Operations – 2000 (Food Production 2100)

Webcast

[Practical Skills in School Meals](#) - 13 minutes

Identifies the skills and tools necessary to deliver, safe, quality meals to school customers.

Activity

1. **Organizing Workspace (15 minutes):** Conduct a 5 minute tour of your kitchen and discuss improved organization of workspace, equipment, and ingredients. Ideas for improvement may include:
 - a. Rearranging work tables
 - b. Increase use of rolling pan racks and/or carts
 - c. Easily accessible storage of film wrap, aluminum foil, and parchment paper (parchment paper could be stored in a sheet pan located on the top or bottom of rolling bun pan rack)
 - d. Use of food processing equipment (i.e. sectionizers, slicers, food processors)
 - e. Better organization of storage areas, including both dry and cold.
2. **Work Smarter, Not Harder (10 minutes):** Create teams of 4-5 and their task will be to develop work simplification skills to improve kitchen efficiency.
 - a. Materials needed for each team: sticky note pads, ladle, steamtable pans, 1 sheet of parchment paper, No. 10 scoop, ½ measuring cup, bread knife, cutting board, scale, vegetable peeler, and marker.
 - b. Place equipment for each team on a sheet pan lined with parchment paper. Using a marker write Team 1, Team 2, etc.
 - c. Provide each team a copy of the [USDA Recipe: Vegetable Wrap](#) (page 36)
 - d. Each team is to design a work station for preparing vegetable wraps in 3-4 minutes. On the self-adhesive notes, have teams write the name of the food item and place it where they think it belongs in the workspace (vs. using real food).
 - e. Gather participants and discuss the pros and cons of the workspace created by each team and may any suggestions for improvement or praises for efficient thinking.

3. **Knife Skills:** review knife skills with staff, including the correct culinary technique when cutting orange wedges.

Quiz

The quiz questions can be completed as group, in pairs, or individually as a way to reinforce concepts learned.

1. **Using the correct culinary technique:**
 - a. improves meal quality
 - b. reduces leg strain
 - c. improves meal counts
 - d. is only used by chefs
2. **Which statement(s) best describes quality school meals?**
 - a. Meals that are attractive and tasty
 - b. Foods that are received, stored, prepared, and served using proper food safety practices
 - c. Staff that is friendly and meals served in a timely manner
 - d. All of the above
3. **A standardized recipe includes all of the following except:**
 - a. Weights and measures
 - b. Directions
 - c. Recipe Yield
 - d. Student Acceptance
4. **Which of the following is a quality standard?**
 - a. Yield
 - b. Cooking Instructions
 - c. Recipe Substitutions
 - d. Appearance

Additional Practical Skills in School Meals Resources:

[Institute of Child Nutrition \(ICN\) – Practical Skills in Preparing Quality Meals Training Guides and Videos](#): plan food production, review the Quality Scorecard and standardized recipe, organize, implement culinary techniques, and deliver a quality product. The resource includes six lessons in an instructor's guide and participant's workbook, and six video lessons.

[Basics at a Glance Poster](#) - offers "at a glance" information on recipe abbreviations, measurement conversions, portioning tools, and steamtable pan capacity. Post it in the kitchen for quick reference

Standardized Recipes

[Measuring Success with Standardized Recipes Training Resource](#) – Institute of Child Nutrition: addresses the benefits of using and developing standardized recipes. Designed to assist school food service, child care managers, and employees with development and use of standardized recipes in their operations.

[Iowa School Nutrition Web-Based Tutorials](#) – Standardized Recipes (1 hour)

Knife Cutting Skills

[Knives 101 – ISU Extension Article](#)

[How to Cut and Prepare Common Produce Handouts with Pictures](#) (starts on page 27) – ISU Extension

Food Safety

[Food Service Food Safety Training Videos](#) - ISU Extension and Outreach:

- Employee Health and Hygiene Video (8 minutes)
- Time and Temperature Video (10 minutes)
- Cleaning and Sanitizing Video (9 minutes)

